



2010 Bicycle Clinics

Introduction

Sturdy Girl Cycling (SGC) will sponsor bicycle clinics for women in March and May of 2010. The clinics will be designed to help riders close any existing gap(s) between their cycling ambitions and abilities by providing instruction in the technical skills required to cycle safely and effectively on the road. The clinics will be open solely to women and will be held on a weekend and a series of weeknights in or near Philadelphia. The March clinic is designed for Novice Riders and the May clinic is aimed at Advanced Beginners. Riders completing the March clinic will be eligible to participate in the May clinics. The clinics will be staffed by the SGC Race Team Manager and experienced members of the SGC Club and race team. Additional information about the clinics is provided below and on the accompanying flyers.

BASICS FOR BEGINNERS - RIDE CONFIDENTLY, RIDE SAFELY

SATURDAY MARCH 20TH

9:00 AM - 1:00 PM

- The bicycle's anatomy, how it all works together
- Getting on and off the bike
- Starting and stopping, smoothly and steadily
- Riding in your "lane"
- Controlling your pace in a group, and
- Sharing the road safely with motorists.

[Details about the March clinic for Novice riders are provided in the attached flyer]

ADVANCED TECHNIQUES - RIDE FASTER, RIDE FARTHER, & RIDE BETTER

TUESDAYS MAY 11TH, 18TH & 25TH

6:00 PM - 8:15 PM

- Climbing & Descending
- Cornering
- Group Riding

[Details about the May clinics for Advanced Beginners are provided in the attached flyer]



Ride Confidently  *Ride Safely*

BASICS FOR BEGINNERS

RIDE CONFIDENTLY, RIDE SAFELY

SATURDAY MARCH 20TH

9:00 AM - 1:00 PM

A CLINIC FOR NOVICE RIDERS



Clinic Location to be Determined

Bicycle Anatomy Class

- Learn about the bike's parts, what they do, and how it all works together.
- Learn how to use the bike's gears to ride smoothly and steadily.


Skill Clinics

- Learn to start, stop, & dismount with ease and confidence ... no more bruises!
- Learn to ride in a safe and steady line on straight-aways and through corners.
- Learn to control your pace on climbs, descents, and straight-aways.

Group Road Ride

- Learn how to share the road safely and confidently with cyclists and motorists

Clinic Fee


(\$75.00 for Sturdy Girl Cycling Club members  \$100 for non-members)

Registration

http://www.sturdygirlcycling.com/rides_events.html

Registrants will be contacted prior to the clinic and will be asked to complete a one-page questionnaire and a 15-minute phone interview to help identify their training needs



Ride Confidently  *Ride Safely*

Skill Clinics

TUESDAYS MAY 11TH 18TH & 25TH

[RAIN DATES: THURSDAYS, MAY 13TH 20TH & 27TH]

6:00 PM – 8:15 PM

ADVANCED TECHNIQUES - RIDE FASTER, RIDE FARTHER, & RIDE BETTER

A CLINIC SERIES FOR ADVANCED BEGINNERS



Clinic Location to be Determined

- Learn how to corner, climb and descend safely and effectively in groups
- Learn how to manage your pace in groups
- Learn how to ride in pace lines

Group Road Rides

- Learn how to share the road safely and confidently with cyclists and motorists

Clinic Fee

FREE to SGC club members!

(\$30.00/clinic or all three clinics for \$75.00 for non-club members)

Registration

ALL Riders must register via the SGC website and Paypal. SGC members will have the registration fee returned when they attend the session.

http://www.sturdygirlcycling.com/rides_events.html

Registrants will be contacted prior to the clinic and will be asked to complete a one-page questionnaire and a 15-minute phone interview to help identify their training needs